

Helpful Contact Phone Numbers

Area Defense Counsel	256-3246
Call For Help Hotline	397-0963
Career Assistance Advisor	256-5296
Chapel	256-3303/5144
Chapel After Hours	256-5891
Child Development Center	256-2669/2375
Child Abuse Hotline (Local)	800-25-ABUSE
Critical Incident Stress Management	256-7386
Domestic Violence (Prevention Center)	235-0892
Emergency Room	256-7595
Family Advocacy Program	256-7203
Family Child Care	256-8047
Family Services	256-3936/3616
Family Support Center	256-8668
Family Support 932 AW	229-7555
Health & Wellness Center	256-7139
Judge Advocate (Base Legal)	256-2358/2359
Life Skills Support Center	256-7386
Military Equal Opportunity	256-6581
Red Cross	256-1855
School Liaison Officer	256-9595
Security Forces Squadron	256-6000/2223
Sexual Assault Victim's Care Unit	397-0975
Substance Abuse Services	256-7534
Teen Center	256-2115
Youth Center	744-9862

For additional information and resources on
prevention services please visit:

<http://public.scott.amc.af.mil/375aw/ids/idscareteam>

Updated December 8, 2004 by Lisa Carducci

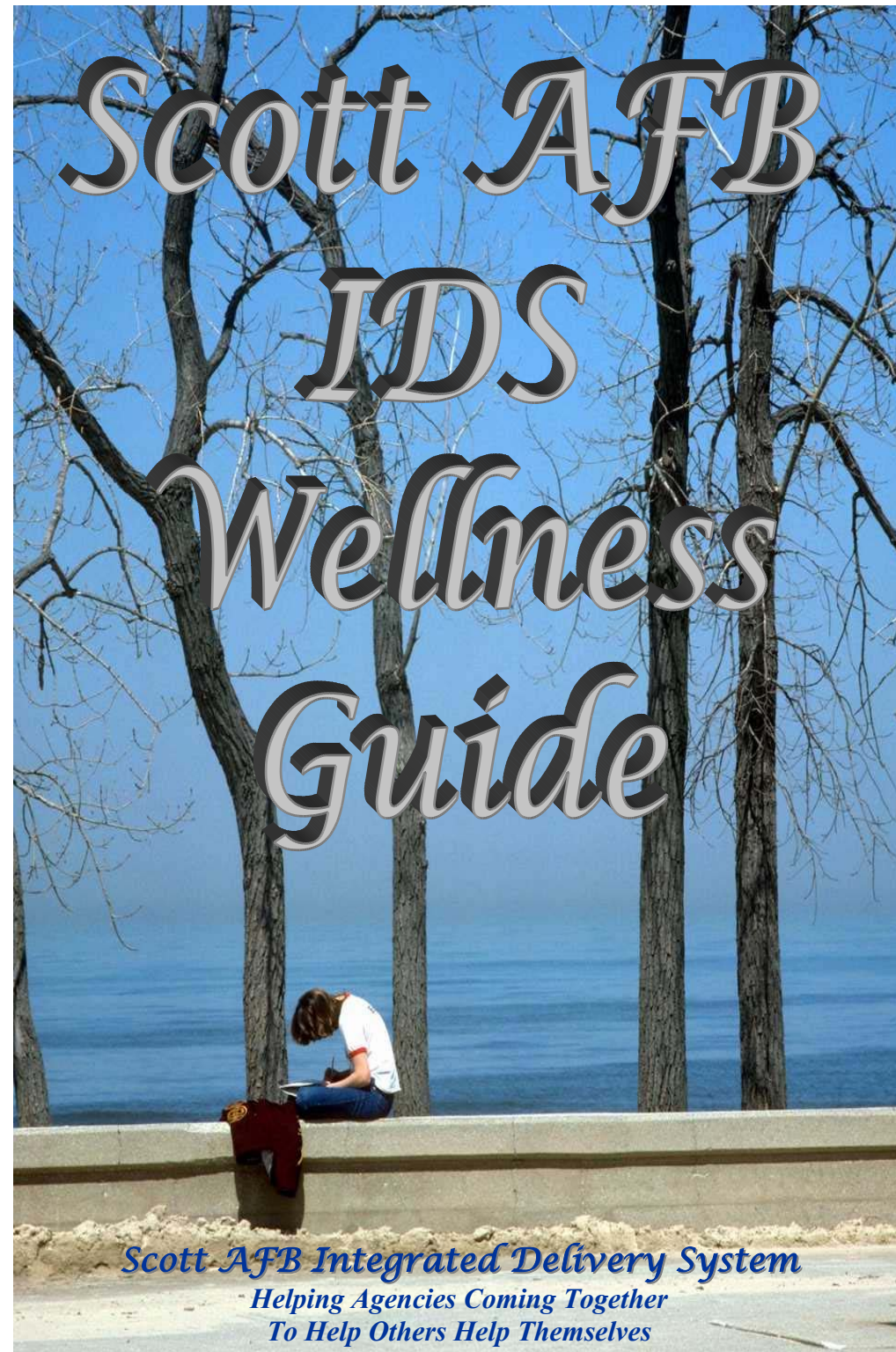


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When To Seek Help and Where

Anytime is the right time to seek help coping with a significant loss. Talking with a close friend, an understanding family member, and/or a trusted clergyperson is an excellent way to be heard and to receive the support you need during this difficult period. If, over time, the effects of a loss interfere with your normal sleeping patterns, eating habits, ability to concentrate, ability to do your job, social interactions, or in any way disrupt your day to day routine, consult your Primary Care Physician, a Life Skills professional or a Chaplain for advice. Do not be afraid to seek help if you need it. Taking good care of yourself is the first step in restoring joy and peace to your life after you experience a significant loss.



Suggestions for Helping the Grieving

Do's

- * Listen more than talk.
- * Allow for silence.
- * Answer their questions and refer them to the most appropriate people.
- * Contact them when you say you will.
- * Be genuine and caring.
- * Allow them to express their feelings and tell their story without passing judgment.

Don't

- * Dominate conversation.
- * Don't say, "I know just how you feel."
- * Don't pass judgment ("You should be feeling better by now.")
- * Don't avoid them because you are uncomfortable.
- * Don't ask a question you don't have the answer to.
- * Don't give advice, particularly medical or legal unless you are an MD or a lawyer.
- * Don't personalize comments, but identify emotions (i.e. "It sounds like you're pretty angry.")

Significant Loss

When we think of someone who has experienced a significant loss, we may be reminded of a friend or family member who has faced the death of a spouse, a child, or a close friend.

However, a loss is not defined by any written rule, but by the value a person places in the person or object that is lost or changed. If you have ever felt the sting of emotional pain at the loss of something or someone that meant a great deal to you, you have experienced a significant loss. Some examples might include:

- Miscarriage
- Missed promotion
- Loss of an assignment
- Break-up of a family through divorce
- End of a relationship (friendship, business association, marriage, etc)
- An accident victim's loss of independence
- Loss of memory in a loved one with Alzheimer's Disease
- Death of a beloved pet
- Loss of a childhood memento from a deceased parent
- Childhood photographs destroyed in a house fire

There are many other life events that can also be considered significant losses and can be devastating, leading to discouragement, spiritual and emotional confusion, and even to hopelessness and depression.

It's Okay to Grieve

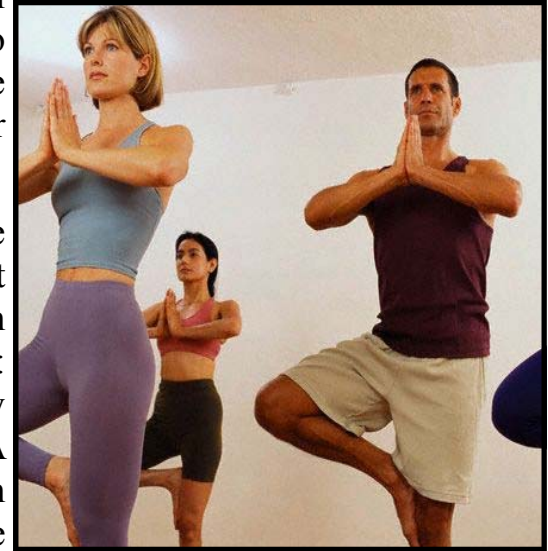
In our culture, it is normal and expected to experience grief when a loved one dies. However, some people may feel a subtle pressure from coworkers, friends, and family to "just get over it" when they experience a significant loss other than death. Even well meaning friends from a church or faith group may make statements suggesting grief is inappropriate with some losses. Always remember, grief and the process of mourning are normal and appropriate human responses to the loss of something or someone of great personal value. Grieving is the beginning point of healing, allowing us to grow strong psychologically and spiritually through the expression of our deepest human emotions.

Stress Management

Webster's definition of stress: A factor that induces bodily or mental tension, a force that tends to distort the body.

The body experiences natural reactions in response to stress. This physical response is known as the "fight or flight response".

Stress can be both positive and negative. The most common things that a person tends to stress over include: work, relationships, family problems and finances. A certain amount of stress can be beneficial. It can create motivation and keep life interesting, but continuous stress can affect your health and well-being.



The good news is stress can be reduced and prevented if the symptoms are identified and addressed. It is important to identify symptoms. Have you been having trouble concentrating, can't make decisions, feeling like you are rushed, headaches, feeling very emotional?

There are many ways to deal with and manage stress. The key is to find techniques that work for you such as exercise, humor, time management, organization, rest and breathing techniques. Find and use your healthy stress reducing techniques and stick with them.

For more information on prevention and relaxation techniques please call the HAWC at 256-7137.

Depression

Depression is a common but serious illness. The main symptom is a lasting “sad” mood. Other symptoms often include:

- Feeling hopeless or worthless
- Lack of interest in usual activities
- Problems remembering or thinking
- Sleeping too little or too much
- Change in appetite or weight
- Thinking about or attempting suicide



All is not lost. Here are examples of things you can do to help manage your depression.

Relationships:

Spend time with people who can be supportive of you. It is easy to avoid contact with people when you are depressed, but you need the support of friends and loved ones. Explain to them how you feel, if you can. If you can't talk about it, that's OK - just ask them to be with you. Try to participate with others in social settings.

Spirituality:

Spend time doing things that feed your spirit and feel “healing” to you as an individual. Think about the things that you feel strongly or “passionately” about (or have in the past). What gives your life meaning? Do you feel connected with others? Participate in religious activities if this is important to you. Find quiet time for self reflection and restoring your sense of hopefulness for the future. Nature walks, meditation, music, inspirational reading, or time with a valued friend can be healing to the spirit.

The Family Advocacy Program has two primary objectives:

Prevention of family violence through community education and skills development that enhance coping, adaptive, and resilience skills in life management.

Treatment to assess and resolve problems, ensure safety, and help families regain stability.

Family Advocacy functions as a key partner and support system to build healthy communities and prevent family maltreatment within the Air Force. We do this by helping active duty service members and their families achieve tools for quality life management through programs and services that inform, educate, and treat.

We also work closely with the Integrated Delivery System (IDS) to provide a coordinated, collaborative community response and to help build a healthy, safe, resilient base community.

TAKE CARE OF YOURSELF!
(SELF CARE)

**TAKE CARE OF YOUR FRIENDS,
FAMILY AND COWORKERS!**
(BUDDY CARE)

KNOW WHERE TO GET HELP!



Family Violence

Breaking the Silence on Domestic Violence

Tough new laws are only one way to reduce domestic violence and sexual assaults. Too many people continue to believe that domestic violence is a private matter between a couple, rather than a criminal offense that merits a strong and swift response. Even today, the victim of a domestic assault runs the risk of being asked, "What did you do to make your husband angry?" This question implies the victim is to blame for this abuse. Even when cases are brought, domestic crimes are difficult to prosecute. All too often victims are so terrorized that they fear for their lives if they call the police. Silence is the batterer's best friend. ***We have to end the silence and change our attitudes toward domestic crime.***

Neighbors must contact the police when they hear violent fights in their neighborhoods. Don't turn up the television to block out the sounds of the drunken argument next door. Call the police. Teachers should be alert to signs that students have witnessed violence at home. Children who grow up in violent homes are more likely to become violent themselves.



Medical professionals who see victims of violence need to ask them about these crimes. Too often, doctors or emergency room personnel accept the statement of fearful victims that bruises/cuts are the result of household accidents or falls. When a woman with a black eye says that she fell and hit the doorknob, doctors and nurses must ask: "Did someone hit you?"

Members of the clergy need to become more involved as well. We just can't tell a battered spouse to "go home and make it work," as was done in the past. Of course, we can't tell a woman who lives in a violent relationship what to do, but greater effort can be made to let her know that other options are available for her and her children. ***Early intervention is crucial.***

These crimes are serious. Experience shows that levels of violence in these relationships tend to escalate, and many police departments cite domestic violence as their number one problem. Tough laws, effective prosecutions, combined with education and cooperative approach among law enforcement and social service agencies, will take time to be effective. Until then, we all must take a greater role in reporting domestic abuse. Our efforts to break the silence can make a difference.

Healthy Lifestyle:

Healthy lifestyle choices will help you feel better. Eat well, increase your physical activity, get enough sleep, practice relaxing. The basics of good health are hard to do when you have little energy. Slowly increasing your activity level through activities you enjoy can help other areas of physical well being including rest.

Recreation/Hobbies:

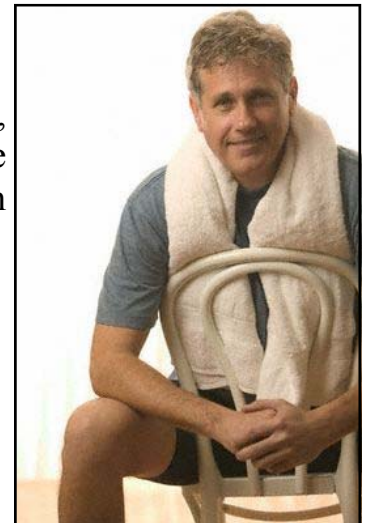
Make time for pleasurable events. Even though you may not feel as motivated, or get the same amount of pleasure as you used to, commit to scheduling some fun activities every day. Do a hobby, listen to music, go out into nature for a walk, attend a sporting event you enjoy.

Productivity:

Productivity can come from work, caring for your home and family and volunteerism. It evolves around that part of life that gives a sense of accomplishment. Depression can take away your energy to be productive and active. You may need to set small goals to get tasks done so you can feel accomplished again. Doing the basic daily tasks can feel exhausting. Start with the tasks that you have enjoyed in the past.

We Are Here For You:

If you feel you may be depressed, please contact your Primary Care Manager or Life Skills for an appointment.





Alcohol & Drug Abuse

Do these apply to you or someone you know?

- ‡ Have family members, co-workers, or friends expressed concern about your drinking or drug use?
- ‡ Are you under 21 years of age and drinking?

- ‡ Have you done things or displayed behaviors while under the influence that you would not have done while sober?
- ‡ Have you drank alcohol until intoxication or believe a party isn't a party without alcohol or drugs?
- ‡ Have you driven while under the influence or have you had legal or medical problems because of alcohol or drugs?

If you can identify with any of these questions, you could benefit from ADAPT Services. The program is designed to give individuals an assessment of their use of substances, and if necessary provide rehabilitation services. Education and prevention classes are also available for active duty, retirees, and family members.

Counseling sessions are provided by appointment by calling **256 - 7080 or 256 - 7386**.

After normal duty hours, please call **256 - 7595** if you feel you are in a life threatening situation. The on call psychiatrist, psychologist, or social worker will be paged to assist you.



Can potential aggressors be identified?

Yes they can! In fact, **85%** of workplace violence perpetrators exhibit clear warning signs. Here are some examples of things to be on the look out for:



- Previous history of violence
- Verbal communication of violence
- Loner, withdrawn; feels nobody listens to him; views change with fear
- Emotional problems (substance abuse, depression, low self-esteem)
- Career frustration; problems with attendance/tardiness
- Deteriorating appearance/ hygiene, erratic behavior
- Antagonistic relationships with others
- Obsessions with weapons (and have access), acts of violence
- Zealot about political, religious, racial issues
- "At the end of his rope" has an unspecified plan to "solve all problems"
- **Triggering Event** (the last straw, no way out, no more options):
 - * Being fired, laid off or suspended; passed over for promotion
 - * Disciplinary action, poor review, criticism from boss or coworkers
 - * Bank or court action (foreclosure, restraining order, etc.)
 - * Benchmark dates (Hitler's birthday was the case for Columbine)
 - * Failed or spurned romance; personal crisis (divorce, death in family)

How can employees protect themselves and their coworkers when faced with a hostile, potentially violent person?

1. Understand that the person has a compelling need to communicate his grievance to someone now! Give him a verbal outlet. Even if wrong, they are acting on perceptions that are real to them. In the overwhelming number of cases, the person just wants to be heard.
2. Practice "Active Listening" by stopping what you are doing and give the person your full attention. Make eye contact (but don't stare). Allow verbal venting of emotion.
3. Avoid confrontation, stay calm, courteous, respectful and patient. Never belittle, embarrass or verbally attack a hostile person.
4. Ignore challenges and insults and don't take it personally; redirect attention to the real issue.
5. Allow the aggrieved party to suggest a solution. A person will more readily agree to a resolution that he helped formulate.
6. Move toward a win-win resolution. Switch the focus from what you can't do toward what you can.

Eliminating violence in the workplace should be a top priority for every member. Get proactive by training to eliminate violence before it happens.

Workplace Violence

Recently, violence in the workplace has received considerable attention in the popular press and among safety and health professionals. Statistics indicate that an average of 20 workers are murdered and 18,000 are assaulted each week while at work or on duty. 1 of 6 violent crimes happen at work: 20.5% of assaults, 10.8% of rapes and only 44% of violent occurrences at work are reported to police.

Death or injury should not be an inevitable result of one's chosen occupation, nor should these staggering figures be accepted as a cost of doing business in our society.

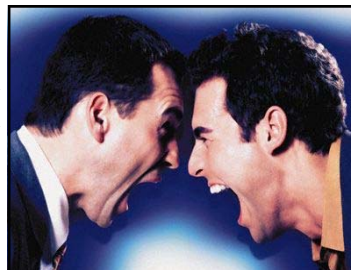
Prevention strategies for minimizing the risk of workplace violence include (but are not limited to) good lighting, security devices, escort services, and employee training. A workplace violence prevention program should include a clear policy against verbal threats, intimidation, or abusive behavior, (effectively communicated and enforced); procedures to be taken in the event of incidents; and open communication between employers and workers.



Although no definitive prevention strategy is appropriate for all workplaces, all workers and employers should assess the risks for violence in their workplaces and take appropriate action to reduce those risks.

Who is at greatest risk of workplace violence?

Anyone in a job that involves extensive contact with the public, especially if limited attention is paid to customer satisfaction. Also, anyone working in markedly bureaucratic organizations where limited attention is paid to *employee* satisfaction. (It's no accident that postal workers - more than any other occupation - have "gone postal".) In this context, supervisors and managers are particularly at risk: employee-boss murders have **doubled** during the past ten years.



Managing Your Finances

Managing your financial affairs in the military can be a big challenge. There are frequent moves, unexpected deployments, schools, and other temporary assignments that challenge your money management skills.

A firm financial foundation is one of the most difficult and important aspects of successful family life. Money represents security and prestige, and any threat to that security and prestige may result in hurt feelings, anger, and fear and frequently causes stress within military families.

Don't let life get out of hand with credit cards, bad checks, etc. The **Family Support Center Staff** is available to guide you through personal financial management and help you achieve your financial goals.

We are located in Building 1930. Call us at 256-8668, or stop by for a visit. Appointments are not necessary.

Healthy Relationships

Relationship Quiz

- | | | |
|---|-----|----|
| 1. When we fight, we tend to blame each other..... | Yes | No |
| 2. I can't tell my partner what I really think and feel.... | Yes | No |
| 3. My partner is jealous of my career or friends... | Yes | No |
| 4. I often feel lonely in my relationship.... | Yes | No |
| 5. I have been physically hurt by my partner
(slapped, kicked, punched, etc.)..... | Yes | No |
| 6. My partner usually cuts me off when I talk..... | Yes | No |
| 7. I do most of the work (chores, child care, etc.)..... | Yes | No |
| 8. My partner often verbally abuses me
(calls me names, makes threats, etc.)..... | Yes | No |
| 9. My partner cheats on me..... | Yes | No |
| 10. My partner is the one who needs to change, not me.. | Yes | No |

If you answered yes to one or more statements, your relationship may not be as healthy as you think.

If you answered no to every one - - congratulations! Your relationship may be stronger than you think.

What makes a Healthy Relationship?



Suicide is preventable. Most people contemplating suicide want to live; they are just unable to see alternatives to their problems. They often view their situation as *HOPELESS*.

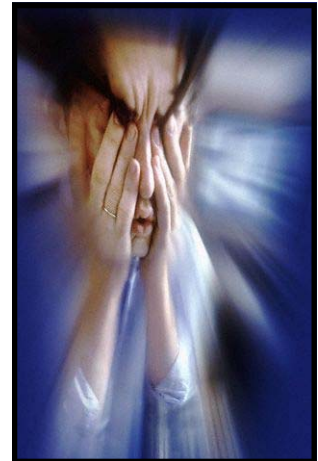
Most often, suicidal people are temporarily overwhelmed with real *LIFE EVENTS*. These include: interpersonal relationship/marital difficulties, separation, divorce, financial problems, pending legal actions, work problems, loss of employment, loss of a loved one, illness, etc.

Suicide cuts across all ranks, ages, economic, social, religious and ethnic boundaries.

Many suicidal people give *WARNINGS* of their suicidal intentions, but we are often unaware of their significance or do not know how to respond.

Everyone needs help at some time in their life! Recognize the warning signs, such as:

- Major life transitions
- Severe, prolonged, or unmanageable stress
- History of abuse
- Feel sad, "blue", depressed mood
- Experiencing relationship/family problems
- Financial concerns
- Have trouble eating or sleeping
- Losing interest in hobbies, work or school
- Lost interest in appearance
- Increased use of alcohol or drugs
- Significant weight gain or loss
- Can't think clearly, make decisions or get control
- Withdrawing from friends, loved ones or social activities
- Can't see things as worthwhile, or a future without pain
- Recent or severe loss (job, death of friend, major illness, academic failure)
- Have family, marital or sexual problems



There are agencies on base that are here to support you: Life Skills Support Center, Chaplain, Family Advocacy, Health and Wellness Center, Security Forces, or the Emergency Room.

Be honest and let someone know you need help!

Suicide Awareness

Suicide can be prevented, but for this to happen, an environment of concern and “*Buddy Care*” must develop to a point that no one has to go it alone. We must create a support network that extends to every individual and links individuals, supervisors, first sergeants, commanders, the community, and medical professionals.

Those in the helping professions can’t help if they are not aware of the need. The majority of those who committed suicide in the Air Force in the past 10 years were not known to the medical community, yet they gave warning signals. The best resource to correct this problem is the powerful concept of “*Buddy Care*”. Buddies can help friends and coworkers in their time of need by “*Linking*” them to helping resources.



In addition to the previously mentioned warning signs, the following may also indicate that a person is at risk for completing suicide:

- Preparing for death by making final arrangements
- Giving away prized possessions
- Having attempted suicide before
- Taking unnecessary risks
- Being preoccupied with death
- Being socially isolated
- Having feelings of hopelessness or helplessness, powerlessness

Think LINK!

Look. Be aware of indicators
Inquire. Talk with colleague/buddy
Note seriousness of their concern
Know how to get help

Signs of a Healthy Relationship

- You both have an idea of what the relationship means and where you would like it to go.
- You share basic, family, and spiritual values. *Does not mean you agree on everything.*
- Have other person’s interests at heart and are together for non-selfish reasons.
- Are strong as individuals. You’re together because you want to be not because you fear being alone, want sex, etc.

How can I tell if I am in an unhealthy relationship?

Here are the Warning Signs:

- Physical abuse (kicking, slapping, biting, etc.)
- Destroying property
- Sexual Abuse or Infidelity (cheating)
- Emotional Neglect (ignoring others needs)
- Verbal abuse (put-downs, threats, etc.)



Tips To Help Deal With Conflict

- **Use Time-Outs** – Take a short break to cool down if things get too heated. Try deep breathing exercises to help cool off.
- **Talk When You are Both Calm** – Conflict can create stress, which can add fire to a disagreement.
- **Maintain Respect** – You can disagree without losing respect for each other. Remember to use “I” statements. Avoid getting defensive, name-calling or blaming.
- **Work On One Issue At A Time** – Try to think of solutions together. Choose one that both feel good about and give it a chance to work.

Where can I get help?

Scott Family Advocacy Program – (618) 256-7203

Scott Life Skills Support Center – (618) 256-7386

Scott Emergency Room – (618) 256-7595

Scott Chaplain – (618) 256-3303

Sexual Assault Victim’s Care Unit – (618) 397-0975 (24 hour hotline)

DOD Sexual Assault Hotline – 1-800-497-6261

Local Hotline for Domestic Violence – (618) 235-0892

Local Hotline for Child Abuse – (618) 25-ABUSE

Your Squadron Commander or First Sergeant

Sexual Assault

What is Sexual Assault?

Sexual Assault is any type of sexual activity that is unwanted, by someone to whom you have not given your consent. A sexual assault may include the use of physical force, threats or intimidation.

Sometimes, people in positions of authority take advantage of the trust you have in them. They may use threats or cunning games to trick you. You may not be fully aware that what is happening is sexual assault. The offender also uses threats or bribes to keep you from telling anyone.

Sexual assault is a crime. It's not your fault and you don't have to be alone. Ask for help.

It Just Happened – What Now?

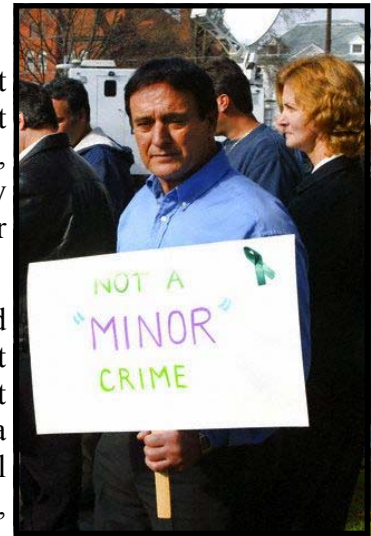
- **It's Not Your Fault.** The person who did this to you is at fault. That person committed a criminal act.
- **Go Somewhere Safe.** Phone Security Forces if you are in danger. Go to a friend or neighbor for help.
- **Tell Someone You Trust.** At Life Skills we have counselors available to talk to you at **256-7386**
- **Get Medical Care.** Once injuries are treated, physicians can offer medication to protect you from sexually transmitted diseases and prevent pregnancy. It is important to get treatment **within 72 hours**.
- **Save Evidence.** To save evidence, it is best collected **within 72 hours** of the assault. Evidence has a tendency to deteriorate quickly, so go to the Emergency Department as soon as possible. And remember:
 - It's natural to feel dirty after an assault.
 - It is important that you do not wash, bathe or change your clothes until you have been looked at by the Emergency Department. Save anything that you might think is evidence. It may be important later.
- **Call Security Forces at 256-6000.** Telling the police does not mean you have to press charges or go to court. It does give them accurate information they can use if you decide to press charges in the future.



Can a man get assaulted?

Many people believe that sexual assaults do not happen to men. That's not true. Sexual assault can happen to males regardless of their age, whether they are good-looking or not, if they are gay or straight. Offenders don't care if their victims are intelligent, rich, or poor.

Male victims report that when they have told others about their sexual assault, they aren't often believed. If they are believed, they aren't taken seriously. Sexual assault can leave you, a male, feeling confused about your sexual identity, mistrustful of others, feeling angry, guilty, embarrassed and shamed. You may have flashbacks of the assault, nightmares, feel like hurting yourself or others. It is really important to ask for help, even though it might be embarrassing.



Reducing the likelihood of Sexual Assault

Believe that your body belongs to you. You don't have to do anything that you don't want to do with it. Only you can choose what you want.

Set your limits and state them clearly. If sexual attention or advances are not wanted, say "**NO**" clearly and assertively.

If you are unsure of what you want, it is okay to say that. You also need to state clearly that, at least for the present time, this means "**NO**".



Trust your instincts. The moment you feel uncomfortable, **ACT**. If saying that you want to stop does not stop the unwanted behavior, don't be afraid to make a scene. Protect yourself.

If your initial "**No**" and other protests do not stop an unwanted advance, **YELL** for help, or get physically out of the situation.

***You can also contact the Sexual Assault Victim's Care Unit 24 hour hotline at (618) 397-0975.**